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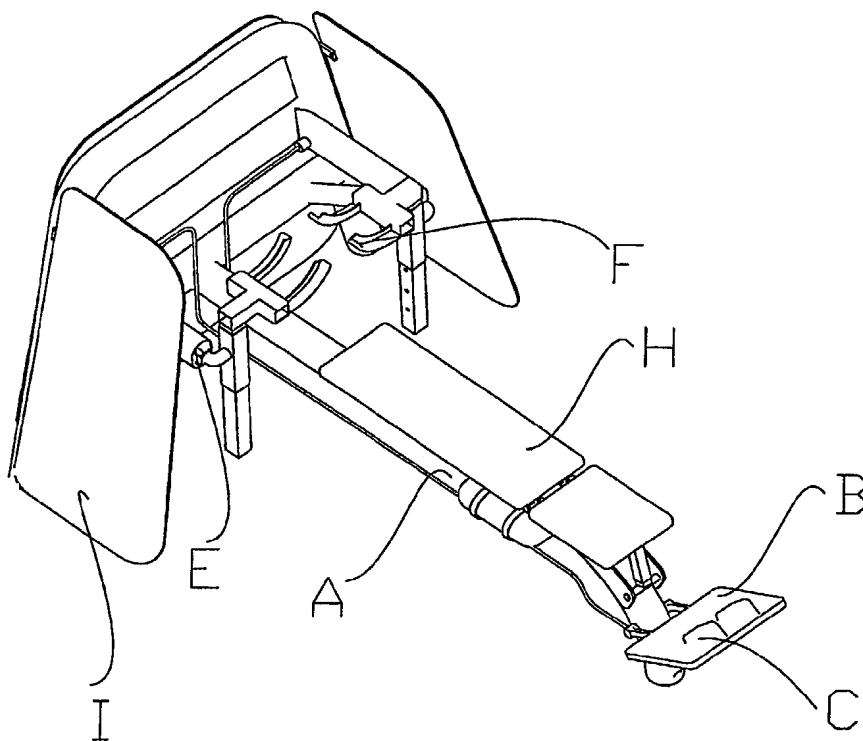
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(54) Title: GYM WORK-OUT EQUIPMENT FOR THE TRAINING OF THE CHEST, DELTOIDS, TRAPEZIUMS AND TRI-
CEPS MUSCLES



(57) Abstract: The invention consists in gym work-out equipment for chest, deltoids, trapezius and triceps muscles designated to be used both in specific areas such as gyms etc and in private areas. The equipment consists in an adaptable bench(H)-e quipped with an assist mobile system of arms (servomechanisms) (E) used to hold the weights (bars and dumb-bells) that with a mechanicals, hydraulics, electrics or pneumatics(C) command allows the athlete to arrange the weights on universal supports (F) without changing position of the exercise, a way of limiting efforts which can cause inflammation and personal injury, not to mention psychological stress due to muscle strain. The invention is equipped of side panels for protection to guarantee the safety of passers-by who could unintentionally come into contact with the mechanical parts in movement. This side panels can be used as support for advertising material.



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